

Thy Word is a Lamp unto my feet and a
Light unto my path.

No. 4503
CONTRIBUTION COMMITTEE
North American Section
LIBRARY

HELPS

— FOR —

Christian Workers.

All scripture is given by inspiration and is profitable for doctrine, for reproof, for correction, for instruction in righteousness;

That the man of God may be perfect, thoroughly furnished unto all good works. 2 Tim. iii: 16, 17.

“Thy Word is a Lamp unto my feet and a Light unto my path.”

HELPS

FOR

CHRISTIAN WORKERS.

BY THE

WOMEN'S BAPTIST HOME MISSIONARY
SOCIETY.

2411 INDIANA AVENUE,
CHICAGO.

HELPS.

BY THE W. B. H. M. SOCIETY.

This little book is issued by the "Women's Baptist Home Mission Society," with the earnest hope that it may prove, as its name indicates, a collection of things helpful to all who desire to be "good and faithful servants" of the Lord. Pastors, Missionaries, Sunday-school Superintendents and Teachers, Bible Workers, and any Christian man, woman or child, who loves to work for Jesus, will find many valuable hints and helps in the pages of this little volume. May the dear Lord so use it as to make it the means of saving many souls, and helping those already saved to grow in grace, and everything necessary to the best type of Christian manhood and womanhood.

PART FIRST.

SABBATH SCHOOL DEPARTMENT.

CONSTITUTION FOR SABBATH SCHOOLS.

Constitution of----- Sunday School.

PREAMBLE.

It shall be the object of this Sunday School to teach both old and young the Bible, to bring sinners to Christ, and to enable Christians to shine as lights in the world by holding forth the Word of life.

ARTICLE I.

The officers of this school shall be a Superintendent, Assistant Superintendent, Secretary and Treasurer, said officers to be elected the second Sabbath in January, by the members of the Church and Sabbath School.

ARTICLE II.—THE DUTY OF OFFICERS.

SECTION I. It shall be the duty of the Superintendent to be present every Sabbath a few minutes before the opening of the school, to welcome each teacher and scholar as they come in, and see that all is in order before the school begins.

He must open and close the school with prayer and arrange the classes. He must be patient and kind, and go quietly from class to class, not speaking to the classes, but

noticing what they are doing, and if anything is wrong he should correct it at the next teachers' meeting.

In all things the Superintendent shall be an example that the school can safely follow.

SECTION 2. It shall be the duty of the Assistant Superintendent to take charge of the school in the absence of the Superintendent.

SECTION 3. It shall be the duty of the Secretary to enroll the names of the officers, teachers and scholars, keep a record of the attendance each Sabbath, state where the lesson is found, the amount of money collected, and other items of interest pertaining to the school. Also, to read the same at the close of the school, or on the following Sabbath.

SECTION 4. It shall be the duty of the Treasurer to keep a strict account of all money collected, and of all paid out. No money shall be paid out without an order from the Secretary, signed by the Superintendent.

ARTICLE III.—DUTIES OF TEACHERS.

It shall be the duty of teachers to be present at the opening of the school, to stay until the close, and sit with their classes so as to keep order, and in every way lead, encourage and teach them.

Every teacher must attend the teachers' meetings, or in some way make a faithful preparation for teaching the lesson.

If any officer or teacher is absent or late two Sabbaths in succession, without a good excuse, his office or class may be taken from him and given to another.

Teachers should visit their scholars at their homes and strive in every way to bring them to Christ; if sick or in trouble they should do all they can to help them.

No teacher can perform all these duties aright without daily seeking help from God.

In all things the teacher should be a pattern for his scholars.

ARTICLE IV.

It is desirable that the officers and teachers of the school be Christians, but if these cannot be obtained, persons of good moral character may be employed instead, with one exception, the Superintendent must always be a Christian.

ARTICLE V.—DISCIPLINE.

If a teacher cannot control his scholars he shall report them to the Superintendent, and if they will not heed him, the teacher shall go to the parents and kindly tell them. If they are still rebellious they shall be expelled from the school, but the teacher and Superintendent shall pray for and patiently labor to lead them to repentance and bring them back to the school.

Rev. E. T. Hiscox's Baptist Church Directory (page 120) says :

"The character of the government in Sunday School must be paternal and kind, where corporal punishment and ordinary penalties are not resorted to, but the children are ruled by love."

ARTICLE VI.

A collection is to be taken up each Sabbath by the teachers separately in their classes, and paid over to the treasurer ; the money shall be spent as the school may decide.

The International Lessons and Catechism shall be used in the school.

N. B.—Any person wishing Sabbath School supplies will address Baptist Publication Society, 1420 Chestnut Street, Philadelphia.

CONSTITUTION FOR SABBATH SCHOOL INSTITUTES.

ARTICLE I.

This Association shall be called the S. S. Institute of
_____.

ARTICLE II.

The object of this association shall be to promote the better qualifications of Teachers and Officers of the Sabbath Schools of _____, by means of meetings for the discussion of questions in regard to the duties of the Officers and Teachers, the best methods of studying and teaching the Scriptures, and conducting everything belonging to Sabbath School work, also to aid in starting new Sabbath Schools in destitute parts of the city and county.

ARTICLE III.

The officers of this organization shall be a President, Vice President, Secretary, Assistant Secretary and Treasurer, who shall perform the usual duties of those offices. Said officers shall be elected every six months by the members of the Institute.

DUTIES OF OFFICERS.

SECTION 1. The President shall preside at the meetings, keep order, and see that each speaker confines himself to the subject assigned, and that he occupies only his allotted time.

SECTION 2. It shall be the duty of the Vice President to preside in the absence of the President.

SECTION 3. The Secretary shall keep and read the minutes of each meeting, notify all appointees one week before

the time of meeting, and duly inform all Sabbath Schools when the next meeting of the Institute shall be held.

SECTION 4. It shall be the duty of the Assistant Secretary to perform the duties of the Secretary in his absence.

SECTION 5. It shall be the duty of the Treasurer to keep a strict account of the money paid into the treasury, also when and for what purpose it has been paid out, and report in full at each regular meeting of the Institute.

ARTICLE IV.

The meetings shall be held as often as schools represented shall deem profitable and convenient, at such a church as shall be chosen by the Institute at the previous meeting.

ARTICLE V.

The questions to be discussed at any meeting shall be given out at the previous one by a committee chosen for the purpose.

ARTICLE VI.

This Institute shall be composed of the Pastors of Churches and Officers and Teachers of the Sabbath Schools.

ARTICLE VII.

Each school shall bring to every meeting their offering in money, as the Lord has prospered it. This money should be enclosed with the reports and the Secretary shall keep a record of the amounts contributed. The money shall be appropriated as the Institute may decide.

ARTICLE VIII.

A report from each Sabbath School shall be handed to the Secretary at each meeting, and a summary of all reports shall be recorded in the minutes.

ARTICLE IX.

The Constitution may be amended by a two-thirds vote of the members present at any regular meeting, if notice has been given at a previous meeting.

BY-LAWS.

SECTION 1. Each meeting shall be opened and closed with prayer.

SECTION 2. No one shall speak until he has risen and addressed the chair.

No one shall speak more than once on any subject unless by permission of the Institute, except to explain.

SECTION 3. Each speaker shall confine himself to the subject under discussion, and no one except the first speaker shall be allowed more than three minutes.

ORDER OF EXERCISES FOR MEETINGS.

1. Prayer Service.
 2. Reading of the minutes of the previous meeting.
 3. Reports of Committees.
 4. Reports of Schools.
 5. Discussion of subjects on the Programme.
 6. Programme and plan for the next meeting.
-

“Let All Things be done Decently and in Order.”

FORM OF REPORT FOR SABBATH SCHOOL INSTITUTE.

Report of the Sabbath School of.....

Baptist Church of the..... Parish,

(District or Association), for.....Months, beginning
 ----- ending-----

1. Number of Adults who can read.
2. Number of Adults who cannot read.
3. Number of Children who can read.
4. Number of Children who cannot read.
5. Number of Converts since last report.
6. Number of new Scholars enrolled since last report.
7. Number of members of the Church who attend Sabbath School.
8. Entire number enrolled.
9. Number who attend regularly.
10. Amount of Money spent for support of Sabbath School.
11. Number of Sabbaths that the Pastor has been present during the whole session.
12. Number of Children's meetings held.
13. Number of Sermons preached to the children.
14. Do you use the International Bible Lessons?
15. What Children's Papers do you take for your Sabbath School?
16. How many copies per Month?
17. How many Sabbaths has the School met since last report?
18. How many Teachers in Sabbath School?
19. Do you hold a weekly Teachers' meeting?
20. If so, give the number attending it regularly.
21. Give the average attendance.

-----Secretary.

-----Superintendent.

TO THE SABBATH SCHOOL TEACHER.

Pray for yourself. Pray that you may know *what and how* to teach. Pray for the whole class. Pray for each scholar. Pray before you go to meet your class. Pray after you have left them. *Keep your class in your heart.*

Sow Bible seed in the Sunday School garden, and watch faithfully, as the farmer watches his seed, and God will send the dew and rain of His Spirit, and you will see it grow up and ripen. And each shall have his harvest given to him, to some ten, some sixty, and to some an hundred fold in souls saved.

GENERAL RULES FOR SUNDAY SCHOOL.

1st. The Superintendent should own a Bible and study it daily. He should resolve to make the Bible the rule and standard of his life. He should study every lesson thoroughly. He should hold weekly teachers' meetings for the purpose of explaining the best method of teaching the lesson.

He should frequently visit and consult with his pastor. He should pray every day for his teachers and school. He should visit his teachers and scholars.

2d. The Sunday School should be governed by love, without the use of the rod.

3d. The young ministers of the church should work in the Sabbath School. Every member should be taught to do Christian work.

4th. The Sunday School is the child of the church; the nursery of the church; it is dependent upon the church; and is as much a service of the church as a prayer meeting,

and should not be interrupted to make way for any other service.

5th. Every pastor should see to it that a good Sabbath School is kept open in his church during the whole year.

BOOKS AND HELPS FOR SABBATH SCHOOL.

BIBLES.—The Superintendent and each teacher certainly, and, as far as possible, each pupil who can read, should have a Bible. Where this is not possible, see that they have testaments.* Besides the Bible, all members of the school should receive, regularly, lesson leaves or lesson quarterlies which they can take home with them and use in studying the lesson during the week. These books should be kept neat and clean, and brought back to the school each Sunday. Especially should we be careful HOW WE TREAT THE BIBLE. God is not pleased to see His Word covered with dust, neglected, torn or soiled. Use this Best of Books with care. It is the richest treasure you can have, and, if you study it each day, it will be bread and water to your hungry, thirsty soul. "It is a lamp unto your feet, and a light unto your path."

WHY SHOULD WE USE THE INTERNATIONAL LESSONS?

1st. Because they are prepared by the best Bible scholars in the Christian world.

*For 15 cents you can get three books—Testament, Hymn Book and Catechism; and, for 25 cents, you can buy a good Bible. Scarcely one so poor that he cannot spare this small sum.

2d. Because there are so many helps and explanations that every teacher and scholar can study the lesson during the week.

3d. Because the great army of Sabbath School workers are at the same hour laboring to impress the same great truth upon their scholars, and unitedly praying for God's blessing upon it.

4th. Because God has greatly blessed His people in this uniform study of His word.

Hence all the best Sabbath Schools, not only in our own country but throughout the world, are using these lessons.

WHY ARE NOT ALL THE CHILDREN AT SABBATH SCHOOL?

One Sabbath evening I went to look after my absent scholars. The following were some of the reasons they gave for not being present :

Sarah said: "Mother went to market and did not get home in time to get me ready." Sally: "Mother had not time to wash my clothes last week." Henry: "Mother sent me to market and I did not get home in time." George: "Mother kept me home because I had been a bad boy."

Dear parents, will it do to plead such excuses before God, for neglecting the Christian training of your children?

A better way would be to do the marketing and cooking on Saturday if possible. If not, live on bread and water one day, rather than break God's commandments, and teach others, even your children, to do so.

Get the children's clothes ready on Saturday, and, dear

parents, come with the children to Sunday School, and when that is over take the children to church with you instead of leaving them to play in the street on the Sabbath.

RULES OF POLITENESS FOR CHURCH AND SUNDAY SCHOOL.

1. It is not polite to enter a Church or Sunday School after the services have commenced, or to leave before they close.

While there we should be quiet, attentive and respectful. It is both vulgar and wicked to laugh or whisper during worship.

“That which I see not teach thou me ; if I have done iniquity I will do no more.”—JOB xxxiv : 32.

2. It is polite, even if we are not Christians, to bow the head and close the eyes during prayer. No one who has reverence for God will be gazing around at that sacred time.

“If I sin, then Thou markest me, and Thou wilt not acquit me from mine iniquity.”—JOB x : 14.

3. We should dress plainly and neatly when we come to the house of God. It is wrong to stay away from church because our clothing is cheap or worn. Gay clothing in God's house is not proper. It is right “That women adorn themselves in modest apparel, with shamefacedness and sobriety, not with braided hair, or gold, or pearls, or costly array ; but (which becometh women professing godliness) with good works.”—I TIMOTHY ii : 10 ; see, also, I PETER, iii : 3, 4.

4. The use of tobacco in any form is always foolish, harmful and extravagant, but to use it in God's house is wicked. “Holiness becometh Thy house, O Lord.”—PSALM xciii : 5.

5. It is polite to give strict attention to the preacher, and it is very rude to turn the head to look at the congregation, or at people coming in or going out. "He taught daily in the temple," and "All the people were very attentive to hear him."—LUKE xix : 47, 48.

6. It is not polite to leave our seats during service unless we are ill. No matter how thirsty, we should be content with drinking from the well of salvation until the congregation is dismissed. "Blessed are they that hunger and thirst after righteousness, for they shall be filled."—MATT. v : 6.

7. In Sabbath School it is rude and sinful not to give careful attention to every word spoken by the Superintendent and teacher. "And Ezra, the priest, brought the law before the congregation and he read therein before the men and women and all that could understand ; and *the ears of all the people were attentive unto the Book of the Law.*" "So they read in the Book of the Law distinctly, and gave the sense and caused them to understand the meaning."—NEHEMIAH viii : 2, 3 and 8.

8. It is Christian to be polite ; in other words, it is Christ-like. If we follow Christ, our manners will become gentle, and we shall increase in favor with God and man. "Even a child is known by his doings, whether his work be pure and whether it be right."—PROV. xx : 11.

SABBATH SCHOOL HYMNS.

I.

TUNE—Gospel Hymns Combined. No. 83.

- 1 LIGHT in the darkness, sailor ! day is at hand !
See o'er the foaming billows fair Haven's land,

Drear was the voyage, sailor, now almost o'er,
Safe within the life-boat, sailor, pull for the shore !

CHO.—Pull for the shore, sailor, pull for the shore !
Heed not the rolling waves, but bend to the oar ;
Safe in the life-boat, sailor, cling to self no more !
Leave the poor old stranded wreck, and pull for the
shore.

2 Trust in the life-boat, sailor, all else will fail,
Stronger the surges dash, and fiercer the gale,
Heed not the stormy winds, though loudly they roar ;
Watch the "bright and morning star," and pull for the
shore.

3 Bright gleams the morning, sailor, up lift the eye ;
Clouds and darkness disappearing, glory is nigh !
Safe in the life-boat, sailor, sing evermore ;
"Glory, glory, hallelujah !" pull for the shore.

II.

TUNE—G. H. Combined. No. 41.

I THE whole world was lost in the darkness of sin !
The Light of the world is Jesus,
Like sunshine at noonday His glory shone in,
The Light of the world is Jesus.

CHO.—Come to the Light, 'tis shining for thee ;
Sweetly the Light has dawn'd upon me.
Once I was blind, but now I can see :
The Light of the world is Jesus.

2 No darkness have we who in Jesus abide,
The Light of the world is Jesus ;

We walk in the Light when we follow our Guide
The Light of the world is Jesus.

- 3 No need of the sunlight in Heaven, we're told,
The Light of the world is Jesus ;
The Lamb is the Light in the City of Gold,
And the Light of that world is Jesus.

III.

TUNE—G. H. Combined. No. 23.

- 1 I AM so glad that our Father in Heaven
Tells of His love in the Book He has given ;
Wonderful things in the Bible I see :
This is the dearest, that Jesus loves me.

CHO.—I am so glad that Jesus loves me,
Jesus loves me, Jesus loves me,
I am so glad that Jesus loves me,
Jesus loves even me.

- 2 Though I forget Him, and wander away,
Still He doth love me wherever I stray ;
Back to His dear loving arms would I flee,
When I remember that Jesus loves me.
- 3 Oh, if there's only one song I can sing,
When in His beauty I see the great King,
This shall my song in eternity be,
" Oh, what a wonder that Jesus loves me."
- 4 Jesus loves me, and I know I love Him,
Love brought Him down my poor soul to redeem ,
Yes, it was love made Him die on the tree,
Oh, I am certain that Jesus loves me.

IV.

TUNE—G. H. Combined. No. 14. (G. H. 2-130.)

- 1 Ho ! my comrades, see the signal
 Waving in the sky !
 Reinforcements now appearing,
 Victory is nigh !

CHO.—“ Hold the fort, for I am coming,”
 Jesus signals still,
 Wave the answer back to Heaven—
 “ By thy grace we will,”

- 2 See the mighty host advancing,
 Satan leading on ;
 Mighty men around us falling,
 Courage almost gone.
- 3 Fierce and long the battie rages,
 But our Help is near ;
 Onward comes our Great Commander,
 Cheer, my comrades, cheer !

V.

TUNE—G. H. Combined. No. 56. (G. H. 2-73.)

- 1 THE Great Physician now is near,
 The sympathizing Jesus ;
 He speaks, the drooping heart to cheer,
 Oh, hear the voice of Jesus.

CHO.—Sweetest note in seraph song,
 Sweetest Name on mortal tongue,
 Sweetest carol ever sung,
 Jesus, blessed Jesus.

B I*

- 2 Your many sins are all forgiven,
 Oh, hear the voice of Jesus ;
 Go on your way in peace to Heaven,
 And wear a crown with Jesus.
- 3 All glory to the dying Lamb !
 I now believe in Jesus ;
 I love the blessed Saviour's name
 I love the name of Jesus.
- 4 The children, too, both great and small,
 Who love the name of Jesus,
 May now accept the gracious call
 To work and live for Jesus.
- 5 Come, brethren, help me sing His praise,
 Oh, praise the name of Jesus ;
 Come, sisters, all your voices raise,
 Oh, bless the name of Jesus.

VI.

TUNE—G. H. Combined. No. 263. (G. H. 3-42.)

- 1 WOULD you lose your load of sin ?
 Fix your eyes upon Jesus ;
 Would you know God's peace within ?
 Fix your eyes upon Jesus.

CHO.—Jesus who on the cross did die,
 Jesus who LIVES and REIGNS on high,
 He alone can justify ;
 Fix your eyes upon Jesus.

- 2 Would you calmly walk the wave ?
 Fix your eyes upon Jesus ;

Would you know His power to save ?

Fix your eyes upon Jesus.

3 Would you have your cares grow light ?

Fix your eyes upon Jesus ;

Would you songs have in the night ?

Fix your eyes upon Jesus.

VII.

TUNE—G. H. Combined, No. 265. (G. H. 3-44.)

1 OH, I am so happy in Jesus,

His blood has redeemed me from sin,

I weep and I sing in my gladness,

To know he is dwelling within.

CHO.—Oh, I am so happy in Jesus,

From sin and from sorrow so free,

So happy that He is my Saviour.

So happy that Jesus loves me.

2 Oh, I am so happy in Jesus,

He taught me the SECRET OF FAITH,

To rest in believing his promise,

And TRUST WHATSOEVER HE SAITH

3 Oh, I am so happy in Jesus,

I lay my whole soul at His feet ;

The love He has kindled within me,

Makes service and suffering sweet.

4 Oh, I am so happy in Jesus,

If earth in His love is so blest, .

What joy in His glorified presence.

To sit at His feet as His guest.

VIII.

TUNE—G. H. Combined. No. 282. (G. H. 3-61.)

- 1 SING them over again to me,
 Wonderful words of Life,
 Let me more of their beauty see,
 Wonderful words of Life.
 Words of life and beauty,
 Teach me faith and duty ;
 || : Beautiful words, wonderful words,
 Wonderful words of Life. : ||

- 2 Christ, the blessed One, gives to all,
 Wonderful words of Life ;
 Sinner, list to the loving call,
 Wonderful words of Life,
 All so freely given,
 Wooing us to Heaven,
 || : Beautiful words, wonderful words,
 Wonderful words of Life. : ||

- 3 Sweetly echo the gospel call,
 Wonderful words of Life ;
 Offer pardon and peace to all,
 Wonderful words of Life.
 Jesus, only Saviour,
 Sanctify forever.
 || : Beautiful words, wonderful words,
 Wonderful words of Life. : ||

PART SECOND.

WOMAN'S WORK FOR CHRIST.

In the olden times there was little that a woman could do outside of her own home, but to-day almost every kind of work at home or abroad is open to her, and she is now recognized as a power in society, in our country at least. Women owe very much to the Bible ; for, in lands where that is known and loved, women are respected and honored, and when we think of the degradation of women in some countries, we see how much we owe to God for the blessings that have come to the women of America. Woman has always been found faithful in her work where she truly loves. She has always made sacrifices in her home, and will do the best she knows for her loved ones. It is her nature, and is becoming to her to delight in serving others. When Christ was here upon earth there was a band of women who loved and served Him. He often went to the home of his friend, Lazarus, whose sisters were never tired of caring for the Master. The women lingered to the last at the cross where Jesus died ; they followed to see the place where Joseph laid the body of their Lord, waiting there till all the rest had departed, and earliest of all in the gray dawning of that first day of the week, they hastened to the tomb with the spices their loving hands had prepared. Christ honored their fidelity, too, by letting them have the first look and the first word

from the risen Saviour, and sending them to bear the first tidings of joy and mercy to the world, because the Lord is risen indeed. So women were the first missionaries of the cross; let them still be faithful to the trust committed to their hands by the Master himself. When Jesus was upon earth women brought their children to Christ, and when the men would have sent them away, Jesus said, "Suffer little children to come unto me." And we believe there is nothing more pleasing to Jesus now, than to see our dear sisters coming into the Sabbath School and church leading little children by the hand, and teaching and pointing them to Jesus. And in our homes, who can tell the influence so strong, so lasting, so noble, of a gentle, wise, Christian mother, who will study the Bible with her little ones, teaching them the Sunday School lesson at home, and praying that God will keep the little feet from wandering into evil ways. We see the power of a true Christian mother and grandmother upon the life of Timothy—2 TIMOTHY i: 5 and iii: 15. We learn that our older sisters have a work to do in teaching the younger ones—TITUS, ii: 3, 4, 5. If this is done many a young convert will be kept from falling away from Christ and the church. In ROMANS, xvi: 1 to 16, and PHIL. iv: 3, we find that earnest Christian women were among the most faithful ones who labored with Paul in the gospel, and Paul was glad to count them among his "fellow laborers, whose names are in the Book of Life." The first sermon preached in Europe was delivered by Paul in that woman's prayer meeting down by the river-side, and Lydia was the first European convert as the result of that sermon—ACTS xvi: 13, 14. She was not content with salvation for herself, but brought all her household, that they too might hear and believe. Let the sisters to-day be as earnest

as was Lydia, in their efforts to bring first their own households to the Lord, and the Lord will crown their labors with success. In JOHN iv, we learn of a long talk. Jesus had with one woman, and as soon as she believed, she left her water-pot and went and called others. Verse 39 tells us that "Many of the Samaritans of that city believed on Him for the sayings of the woman." And it is the same now. God is pleased with the services of our sisters. We know that woman's first work is in her home, to keep it neat and clean, and to teach and train her children into quiet, industrious, Christian habits. And yet this is not all the work she has to do. Dear sisters, make it a rule to do some missionary work each week. If we spend less time in gossip and idle talk, we will find we have much time to give to the Lord's work. The young Christians need kind help and words of encouragement. The children running about in the streets should be cared for. See whether your neighbors' children go to Sabbath School, and, if not, try to get them to go. Try to persuade the idle, careless house-keeper to be neat and clean. Talk about temperance and the sin of drinking, and try to induce the women to take more interest in their homes. Many a drunken husband has been led to a better life by finding his home kept clean and pleasant by a faithful wife. Get the women interested in attending church and Sabbath School. Tell them God says, "Six days shalt thou labor and do ALL thy work." If all the work is done in the six days which God gave for working, the Sabbath can all be kept as He commanded. But much depends upon the women. It is the wife who cooks and who usually does the marketing, and she can plan to cook on Saturday that which will be good for dinner on Sunday. She can have her children's clothing all

clean and ready for them to dress and start to Sunday School without any fuss and hurry on Sabbath morning, for we learn, in PROV. xxxi, that "a wise and virtuous woman looketh well to the ways of her household, and eateth not the bread of idleness; the heart of her husband doth safely trust in her; her children arise up and call her blessed"; and, besides all this, "she stretcheth out her hand to the poor; yea, she reacheth forth her hands to the needy."

Women also have a work to do in instructing others. If a woman has had more opportunity for learning, or the Lord has revealed something to her, she ought to give the knowledge she possesses to some one else. In the days of Paul we find a woman helping to teach an eloquent preacher the way of God more perfectly.—ACTS xviii : 24 to 26. The hearts of many of our pastors to-day are being cheered and their hands strengthened by the help the sisters are giving. The Woman's Baptist Foreign Missionary Societies have, during the ten years of their existence, sent out and supported seventy missionaries, and have contributed for foreign missions, \$455,922.26. The Women's Baptist Home Mission Society has, during its term of four years, sent into the home field thirty-three missionaries, and have contributed for the spread of the gospel in our own land, \$52,212.16. This same work is also being done by the women of other denominations. May this good work go on and many of our sisters join hands with those now working, according to the command, "Go out into the highways and hedges and compel them to come in." By so doing, we shall see a great change in this city. And, when we stand before the Master in that day, when we shall receive our reward according to the deeds done in the body, we shall be so glad to know that we let the Lord use

us as instruments in bringing about the time when His kingdom DID come, and His will WAS done on earth as it is in Heaven. How beautiful those words in MATT. xxv:40, will sound to us then, "Inasmuch as ye have done it unto one of the least of these, my brethren, ye have done it unto me." Would that all would feel it a privilege to have a part in this work. To how many is the Master saying, "Why stand ye here idle?" and "Go ye also into the vineyard." "There's a work for me and a work for you, something for each of us now to do." Let us think of these lines before it shall be too late:

"Should I be brought there by the bountiful grace
Of Him who delights to forgive,
Though I bless not the weary about in my path,
Pray only for self while I live,—
I know I shall mourn o'er my sinful neglect,
If sorrow in Heaven can be,
Should no one I love at the beautiful gate
Be waiting and watching for me."

CONSTITUTION FOR A WOMEN'S BE- NEVOLENT AND MISSIONARY SOCIETY.

ARTICLE I.—NAME.

This organization shall be called the Women's Benevolent and Missionary Society of the————Baptist Church.

ARTICLE II.—OBJECT.

Its object shall be to cultivate a spirit of Christian Benevolence in its members by personal labor and donations in

money and goods in the neighborhood, town or city, in which the church is located, and to aid the cause of missions, home and foreign, by contributions through the respective treasuries of the Women's Baptist Home Mission Society, and the Woman's Foreign Missionary Society.

ARTICLE III.—MEMBERSHIP.

Any person may become a member of this Society by paying ten cents a month, which sum may be given to either of the causes named in Article 2, or divided among them as the one giving it may direct.*

ARTICLE IV.—OFFICERS.

The officers shall be a President, Vice-President, Secretary and Treasurer, who shall be elected annually, and perform the duties usually assigned to such officers.

ARTICLE V.—MEETINGS.

Meetings shall be held monthly at such time and place as the Society may direct, at which time members shall pay their dues, make their reports, confer together concerning the work, receive instruction, and look to God in thanksgiving and prayer. The President shall have power to call extra meetings when necessary.

ARTICLE VI.—REPORTS.

The Secretary will send each year to the Association to which the church belongs, and also to the State Convention, a full report of meetings held, work done, and money con-

* Any person desiring to become a member of the "Women's Baptist Home Mission Society," may do so by paying one dollar per year, designated to that society. If she wishes to become a member of the "Woman's Baptist Foreign Missionary Society," she must also pay one dollar a year, designated to that society. Any sister, however, who is not able to pay this sum, may become a *helper* by paying what she can each year.

tributed by the Society. She will also send each year, by the first of April, to the Corresponding Secretaries of the "Women's Baptist Home Mission Society," and the "Woman's Foreign Missionary Society" respectively, a report of the Money contributed and work done for these societies.

ARTICLE VII.—MONEY.

The Treasurer will send all money designated for the work of the "Women's Baptist Home Mission Society," and the "Woman's Foreign Missionary Society," to the respective treasurers of these societies. She will hold all other money committed to her, subject to the order of the society. She shall keep a careful account, and give a strict report each month of all money received and paid out by her, and once a year furnish the Secretary with a report of all money received and paid out during the year, to be included in the yearly report of that officer.

ORDER OF EXERCISES FOR MONTHLY MEETINGS.

- 1st. Singing. Scripture verse repeated in concert until learned. Prayer.
- 2d. Reading minutes of last meeting.
- 3d. Roll call and paying of dues.
- 4th. Report of Treasurer.
- 5th. Reports of work done, and cases of distress reported.
- Action taken for their relief.
- 6th. Prayer.
- 7th. Words of instruction respecting the work. Comfort and encouragement to the workers.
- 8th. Prayer.

MISSIONARY MEETINGS. Once a quarter, or every third month, the meeting should be devoted chiefly to Missions, Home and Foreign. At this meeting instruction shall be given concerning the work of the Home and Foreign Mission Societies. It is suggested that, as four of these meetings will be held during the year, two be given to Home, and two to Foreign Missions.

WOMEN'S MEETINGS.

We commend, as an interesting and profitable subject for the contemplation of the sisters in their meetings, the WOMEN OF THE BIBLE; and, as illustrative of our thought, we append the following outline for a lesson, suggested by reading "Representative Women," by Dr. Baldwin. The subject is

EVE,

and the manner of treating it will be seen in the following plan:

THE FIRST:	{	Woman.	{	Shame and Fear.
		Wife.		
		Home on Earth.		
		Temptation.		
		Human Sinner.		
		Human Tempter.		
		Development of Sin		
		Punishment.		
		Promise of a Savior.		
		Mother.		
		Baby.		
Family—children trained	{	to worship God. to labor.		

PRACTICAL LESSONS.

1. True relations of the sexes.
2. Woman's Danger.
3. Woman's Influence.

PART THIRD.

OUR YOUNG PEOPLE.

This class includes those who have either reached or are nearing the age when they are known as young men and women. A critical time in their life, a time when they need a kind, wise, guiding hand. Some of our Missionaries have been greatly blessed in their work among these young people, perhaps none more so than Miss Jennie L. Peck, of New Orleans, and we take pleasure in presenting here her plan, as far as it appears in the following Constitution and pledges.

CONSTITUTION FOR YOUNG PEOPLE'S SOCIETY.

PREAMBLE.

In view of the fact that many people of the present age are living sinful and degraded lives, and believing that we young people can and must put aside the old evil practices, and live lives of purity and usefulness, and believing, moreover, that by so doing we shall not only save ourselves from wretchedness and ruin, but by our example and influence succeed in making our homes happier and our race better, we, the undersigned, do band ourselves together, promising by the help of God, to keep and practice the regulations of this society, and to try to live, "not as pleasing men, but God which trieth our hearts."—I THES. ii:4; remembering, also,

that righteousness exalteth a nation, but sin is a reproach to any people.—PROV. xiv : 34.

CONSTITUTION.

ARTICLE I.—NAME.

This Organization shall be called the Young People's Society for Self-improvement.

ARTICLE II.—OBJECT.

Its object shall be to overcome evil with good, through the intellectual, moral and religious improvement of its members, especially in the ways mentioned in our constitution and pledges.

ARTICLE III.—OFFICERS.

The officers of this society shall be a President, Vice-President, Secretary and Treasurer. These officers shall be elected annually, and their duties be those usually devolving upon such officers. A committee of three, nominated by the President, shall be declared appointed when the nomination has been confirmed by a vote of the society, whose duty it shall be to obtain information concerning the moral character and qualifications of persons applying for membership, and also to attend to all cases requiring discipline. In all matters of discipline this committee shall be governed by the rules laid down in MATT. xviii : 15-17, the object being correction and improvement of those under discipline.

ARTICLE IV.—MEMBERS.

Any person over twelve years of age desiring to become a member of this organization, shall give his or her name to some one already belonging to the society, by whom it shall be presented to the body at some regular meeting, and re-

ferred to the committee appointed (See Art. 3) for the purpose, who shall make careful investigation as to the worthiness of the candidate, and report at a subsequent meeting. If the society then votes to accept the candidate, he or she may become a member by paying two cents each week to the funds of the society, and pledging himself, or herself, to comply with and be governed by its regulations.

ARTICLE V.—MEETINGS.

This society shall meet weekly at such time and place as shall be decided by a vote of the society.

ARTICLE VI.—FUNDS.

All money belonging to the treasury of this society, shall be used either to promote the interests of the society, or for some benevolent or Christian cause. No money shall be paid out except by order of the society.

BY-LAWS.

1. DISORDERLY MEMBERS. Any member knowing another to be guilty of breaking any of the rules or pledges of this society, shall not talk about it to others, but kindly and quietly report it to the Committee on Discipline. (See Constitution, Art. 3.)

2. REMOVAL. Any member of the society removing to another part of the city, may, by a vote of the society, be granted a letter of recommendation to the society of like order connected with the church near his or her place of residence. Such letter will admit him or her to all the privileges of said society, and he, or she, be expected to attend all meetings with the same regularity, and discharge all duties with the same faithfulness, as if belonging there.

3. MEMBERSHIP. Persons becoming members of the society according to the conditions prescribed in Art. 4, shall be considered members and expected to practice these rules through life, unless excluded from membership by a two-thirds vote of the society.

4. MEETINGS. The President shall have power to call extra meetings, at which, as at all regular meetings, each member is expected to be present. If absent without acceptable excuse, he or she shall pay a fine of five cents.

PLEDGES.

1. TEMPERANCE. I do promise, by the help of Almighty God, not to buy, sell or use any kind of intoxicating liquor, including wine, beer and cider, as a beverage, and to do all in my power to keep others from using the same. I also promise not to use tobacco in any form.

2. CONVERSATION. I will keep the third commandment—EX. xx: 7; I will try always to speak the truth—EPH. iv: 25; I will not use vulgar nor unclean language—EPH. iv: 29; I will try never to speak evil of others—LEV. xix: 16; and I will, by the help of God, learn to govern my temper—PROV. xiv: 17, PROV. xvi: 32, PS. cxli: 3, PS. xxxix: 1, PROV. xix: 11.

3. THE SABBATH. I will try in every way possible to keep the fourth commandment—EX. xx: 8-11, and will not buy, sell or do business for myself upon the Sabbath day.—JER. xvii: 21-27.

4. PURITY. I will, by the help of God, keep the seventh commandment, EX. xx: 14, keeping in mind the solemn warning of the Apostle of the Lord, I COR. vi: 9-10, and remembering that the sin forbidden defiles and ruins the body, I COR. vi: 18-20, and brings shame upon the wrong-doer, PROV.

4; also, that a good name is rather to be chosen than great riches—PROV. xxii : 1.

5. COMPANIONS. I will be careful to keep good company. I believe I should choose my companions from among those who attend church and Sabbath School regularly.—I COR xv : 33, PS. i : 1, PROV. iv : 14-15, PROV. xxii : 24-25.

6. INDUSTRY. I will try to be industrious.—PROV. x : 4, and xxviii : 19, also xxiv : 30-34. I will (this for girls) keep my house clean and in order, trying in every way to make it comfortable and pleasant. If permitted by my parents or guardian, I will, at meal-time, lay the table with a tablecloth and dishes, place the food thereon, and when all are gathered around the table see that some one returns thanks to God. I will try by my manners at table to improve myself and set a good example to others. I will not take my food in my fingers, nor from a dish held in my lap.—I COR. xiv : 40.

7. BOOKS AND PAPERS. I will try to read and study such papers, books and lessons as shall be recommended by the society, and will take the part given me in any of our literary and religious exercises. I will not read any books or papers that the society decide useless or harmful.—PROV. xiii : 13 and 18, PROV. xvi : 22, and i : 7.

8. CORRECTION AND REPROOF. I will try to receive in a kind and thankful spirit, any correction or reproof given me by any member of the society.—PROV. xv : 5 and 10, PROV. xxvii : 5 and 6.

WORK FOR CHILDREN.

There is no work that brings a better return than that done for children. "Train up a child in the way he should go,

and when he is old he will not depart from it." These are the words of the wisest of men speaking as the Spirit gave him utterance. "There is," says Dr. Todd Edmund, in one of his excellent sermons to children, "a right road in life and a wrong one, and the way to be followed is not the one children *would* go, but the one they *should* go. A child left to himself would choose the wrong path. The reason is that he is by nature already in the wrong path; he is out of the way. 'All we, like sheep, have gone astray.' The first thing to be done, then, in training a child, is to get his face in the right direction, and then lead him on. When children are young they are most easily trained. When Bunyan was awakened to feel himself a sinner, he wished that he could become a boy again, that his father might teach him to speak without swearing. Evil feelings and passions are strengthened by habit. On the other hand good habits formed in childhood and youth are not easily forgotten. Turn a stream near the fountain and you alter its whole course. Put a child in the right way at first, and it is for his whole course in life." Industrial schools and children's meetings, as conducted by the missionaries of the W. B. H. M. Society, have been very helpful in turning the feet of the young from the path of sin into that of righteousness, and in leading them on step by step in a life of usefulness and honor. To assist any who may have it in their hearts to serve the cause of Christ, in this way, we furnish a constitution for the organization and government of these schools, with the rules of politeness, some songs and exercises, and outlines of Bible lessons. These will do to begin with, and will, we trust, suggest many others which God will be pleased to approve and bless.

CONSTITUTION AND BY-LAWS FOR INDUSTRIAL SCHOOLS AND CHILDREN'S MEETINGS.

CONSTITUTION.

ARTICLE I.—NAME.

This school shall be called the————Industrial School.

ARTICLE II.—OBJECT.

It shall be the object of this school to teach those who attend to sew and do other work nicely, to be neat in person, polite in manners, and orderly in all their habits, to lead them to Christ, and teach them the principles of Christian living as taught in the Bible.

ARTICLE III.—OFFICERS.

The officers shall be a President, Vice President, Secretary, Treasurer, two or more Directors, and two or more Solicitors, all of whom shall be elected annually.

ARTICLE IV.—MEMBERSHIP.

Any girl or boy may become a member of this school by pledging herself or himself to attend regularly, give careful attention to their work, and obey the rules and regulations of the school.

BY-LAWS.

1. The President shall take charge of the school and teach the scripture lesson, or provide some one to do it in her place.

2. The Secretary shall have a book in which she will keep a record of the attendance of the teachers and officers, calling the roll at the beginning of each session, and marking those tardy who come in after roll-call. She will also keep an

account of the garments made, quilts pieced, and other work done, the money collected, donations given, with the names of the givers, and read the same at the close of the session, or at the beginning of the next session. The record should be kept by classes.

3. The Treasurer shall keep all money collected by classes or otherwise paid in until it is called for, or ordered paid out by the school, when she will have it ready to pay over as ordered. The Treasurer must have a book in which she shall keep a careful account of all money received or paid out by her, telling how it came into her hands, and for what purpose it was paid out.

4. The Directors shall take charge of all material provided for use in the school, and prepare or superintend the preparation of the work. They are authorized to call to their assistance such persons as they may need and desire.

5. The Solicitors shall solicit and collect such funds and materials as the President and Directors decide is needed for the school, giving to the Secretary a strict account of all donations in money and goods received by them, with names of donors. For this purpose each will require a suitable note-book.

6. The Teachers are expected to be in every way examples to their pupils—prompt in attendance, neat in person, ladylike in manners, Christlike in conduct and teaching. All that they would have their pupils be let them first be themselves.

Teachers are expected during the school session to sit with their classes, and are requested to visit their pupils, if possible, once a month, and to use every effort to bring

into the school new pupils, especially the poor and neglected children in the district in which the school is located.

The teacher is expected at each session to examine the work in her class, and arrange with the directors to have necessary work on hand for the next week.

The teacher will keep an exact account of the attendance of her pupils, marking each one tardy who comes in after the beginning of the opening exercise. At the close of each month this record should be read and a reward given to those who have been neither absent nor tardy.

7. PUPILS. Pupils are expected to come to school with clean hands and faces, hair nicely combed, and clothes in good order. While at the school they must not leave their seats without permission, nor talk in loud tones while at work, although they may be allowed to speak softly to the teacher and to each other about their work or lessons. They can have the articles they make when finished. (If the pupil is able to pay it, a part of the price of the material may be charged; if not, it shall be given to the maker.) No article shall be taken from the school until finished, except in cases where the pupil furnishes the material.

Pupils are expected to learn the lessons given by the President.

GENERAL RULES.

1. Each class shall be numbered.
2. Each pupil shall have a small bag (or something answering the same purpose) which shall be marked with the name of the owner, and in which his or her work shall be kept.
3. Each teacher shall have a large bag distinctly marked with the number of the class. In this all the small bags be-

longing to pupils in the class shall be kept, except during the hour for work in the school.

A PROGRAMME.

	<i>Hour. Min.</i>
Opening exercises, consisting of singing, Bible reading and prayer.....	10
Distribution of work.....	5
Time devoted to work.....	45
Putting away work.....	5
Exercise song with open windows.....	5
Rules of politeness, or other practical instruction,	5
Bible lesson.....	10
Dismissal	5
	<hr/>
	I 30

The above programme is only intended to be suggestive, and may be varied to suit circumstances.

If any are placed in circumstances which will not permit the full carrying out of the requirements of this constitution, we say, do the best you can now, and work up to this standard as fast as possible.

LESSONS FOR CHILDREN.

LESSON I.

"All have sinned."—ROM. iii: 23.

1. Who are spoken about in this verse?
2. Who says every body has sinned?
3. Is it true?
4. What does your own heart say about it?
5. What is sin?
6. What verse in the Bible answers this question?—

JAMES iv: 17.

7. Who first sinned?
8. How did God punish them?
9. How will He punish us?

10. What verse in the Bible tells what will become of the souls of those who sin?—EZEKIEL xviii : 4.

LESSON II.

“For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish but have everlasting life.”—JOHN iii : 16.

1. What two things does this verse say that God has done?

2. What is meant by the world?
3. How did God show His love for the world?
4. What does He want us to do?
5. If we believe in Him what will He give us?
6. What is everlasting life?
7. Will God give this to you and me?

Only a very sinful, hard heart, could keep from loving God in return for all His love.

LESSON III.

“Your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour.”—I PETER v : 8.

1. About whom do we learn in this verse?
2. By what three names is He here called?
3. What is the strongest beast?
4. Is the devil as strong as a lion?
5. Whom is he seeking?
6. Why does he want us?
7. Will he make us good or happy?
8. Can you save yourself from him?
9. Where is his home?
10. Who alone can save you from Satan?

LESSON IV.

"For the Son of man is come to seek and to save them which was lost."—LUKE xix : 10.

1. What was the last lesson about ?
2. About whom do we learn in this lesson ?
3. Who is meant by the Son of man ?
4. For what has Jesus come ?
5. Who are the lost ?
6. Who besides Jesus is seeking for you ?
7. Why does Jesus want to find you ?
8. Where is His home ?
9. Are you walking with the devil now ?

If so, oh, turn quickly. Jesus is seeking to take you from Satan.

LESSON V.

THE TWO MASTERS.

	The	
WAGES		GIFT
	of	
SIN		GOD
	is	
DEATH		ETERNAL LIFE.

"Choose you this day whom ye will serve."—JOSH. xxiv:15.

BODY AND SPIRIT.

"Glorify God in your body and in your spirit."—I COR vi part of 20th verse.

LESSON I.

"And the Lord God formed man out of the dust of the ground, and breathed in his nostrils the breath of life, and man became a living soul."—GEN. ii : 7.

What four things does this verse tell?

1. The Lord formed man.
2. He formed man out of the dust.
3. God breathed into him the breath of life.
4. Man became a living soul.

Who made man?

How did he become a "living soul?"

Will God ever die?

If our souls came from God's breath, can our souls ever die?

LESSON II.

"I am fearfully and wonderfully made." —Ps. cxxxix : 14.

Look at your hand—open it—shut it—lift your foot—put it down—stand.

See how we can move each part of the body. Look at my watch. It has hands and face. What makes the hands go? If the works were running inside the watch, could it tell the time if it had no hands and face? The hands and the wheels inside should work together.

So our souls need a body to live in and work with, in this world.

God gave the precious soul a wonderful body in which to live. How do you think God wants us to treat our bodies?

Tell some things that will kill the body?

How do you think God feels when He looks at a person that takes whisky and beer and tobacco and snuff, until the nice body He gave is spoiled and made filthy?

LESSON III.

"For what shall it profit a man if he shall gain the whole world and lose his own soul, or what shall a man give in exchange for his soul?" —MARK viii : 36-37.

What two questions are asked in this verse?

Look again at the watch—the outside case and the inside works.

Which is worth most, case or works?

Think of your soul and body, which is worth the most?

We spoke of some things that kill the body, what can kill the soul?

Who would sell his soul?

What price could be fixed for it?

A young man once came to Jesus, and wanted to be saved; he asked Jesus what he could *do* to be saved. But when Jesus told him to sell all that he had and give it away, he thought that was too much. He had rather give up his soul than his money, and we fear he lost both.

LESSON IV.

THE HEAD.

“But even the very hairs of your head are all numbered. Fear not therefore, ye are of more value than many sparrows.”

—LUKE xii: 7.

Who is speaking in this verse?

To whom is He speaking?

Of what part of the body does He speak?

What does He say about it?

With what does He compare us?

NOTE.—Give few points of interest regarding the habits of sparrows; *e. g.* they eat mostly grain and occasionally insects; show great attachment for young; speak of color, etc.

Why are we of more value than sparrows?

Does God care for your body?

What makes you think so?

If God thinks to count the hairs of my head, then how much He must care for my body.

LESSON V.

EYES.

“Open Thou mine eyes that I may behold wondrous things out of thy law.”—Ps. cxix : 18.

What is this verse? A request ; a prayer.

What request is made?

Why does the speaker want his eyes opened?

Whose law? God's law.

Where is God's law found?

How may we behold wondrous things out of it?

Who made our eyes?

For what did He make them?

At what is He most pleased to have us look? At His son, Christ Jesus.

Where do we learn about Jesus?

What does He then want us to study?

Let us use our eyes in reading and studying God's word.

LESSON VI.

EARS.

“Give ear, O My people, to My law. Incline your ears to the words of My mouth.”—PSALMS lxxviii : 1.

In our last lesson who was speaking?

Who is talking in this lesson?

To whom does He speak?

Does He speak thus to you and to me?

What does He want us to do?

Where do we find God's words?

Suppose one is blind and can not see or does not know how to read?

He can hear God's law read by others. Jesus says: "He that *heareth my word* and believeth on Him that sent Me, *hath* everlasting life."—JOHN v : 24.

How many people does He call upon to listen to His word?

Everybody—all of us here to-day—me.

For what does God give me my ears?

Let us hear what God says in His word.

LESSON VII.

TONGUE.

"My tongue shall speak of Thy righteousness and of Thy praise all the day long."—PSALMS xxxv : 28.

Who gave me my tongue?

What can I do with it?

How many of you have tongues?

What is God pleased to have us talk about?

How long does He want us to talk of it?

What are our tongues apt to do?

What has your tongue done to-day?

Let us glorify God with our tongues, by speaking of His goodness, and praising Him.

LESSON VIII.

HANDS.

"Let him that stole steal no more; but rather let him labor, working with his hands the thing which is good, that he may have to give to him that needeth."—EPH. iv : 28.

In this lesson we learn what to do with our hands. This

Bible verse tells of one wrong way and two right ways, to use them.

What must we not do with our hands?

Tell some other wrong uses of our hands?

What is the first thing we are told to do?

Does God command us to work?

Yes, He said, "Six days *shalt* thou labor."

Does God work? Is He pleased with lazy people?

What work did Christ do while on earth, while He lived in Nazareth with His parents?

Did He afterward stop working?

What is the second thing the verse teaches us to do with our hands?

Does God give to us?

What has He given?

To whom must we give?

What else can you remember that God says about giving?

LESSON IX.

FEET.

"Ponder the path of thy feet, and let all thy words be established. Turn not to the right hand nor to the left. Remove thy foot from evil."—PROV. iv: 26-27.

What is the first word of our text?

What does it mean? Consider; think about.

What does it tell us to think about?

What path are your feet in?

If in the wrong one, where will it end?

What does the last five words of this verse tell us to do?

In MATT. vii: 13-14, we read of a broad way and a narrow one.

Which is the best way?

If you are in the right way, what does our verse tell us not to do?

What is meant by "Turn not to the right hand nor to the left?"

The straight, narrow road leads to Heaven. Let us ponder the path of our feet. If we are in the broad road let us turn quickly, but if in the right way, let nothing tempt us to turn.

LESSON X.

HEART.

"Thou shalt love the Lord thy God with all thine heart, and with all thy soul, and with all thy might."—DEUT. vi: 5-6.

In these last lessons what have we been talking about? The parts of the body.

Of what does this verse speak?

Can one have a heart without having hands or feet?

What does the Lord want me to do with my heart?

How much of my love does he want?

What have you in your heart that you love better than God?

God says, "Son, give Me thine heart." You give Christ nothing if you keep back the heart. You give Him all when your heart is His. Then yield your heart, that is your love to Jesus. You can not love Him too soon, you can not love Him too long, you can not love Him too much. Give your heart to Jesus, then head, eyes, ears, tongue, hands and feet will all be His, and you will "glorify God in your body and your spirit, which the Saviour has bought with a great price, even His own life." He gave Himself for you; give yourself to Him.

THE GOLDEN GLOVES.

This exercise consists of ten injunctions, each one accompanied by a Bible reason. As the first one is repeated let the children imitate the putting on of the thumb of a glove on the right hand, the second, putting on the first finger, and so on until both hands are gloved with the teachings of these verses. Encourage them to wear these gloves at all times, which will be the case as long as they obey the injunctions.

RIGHT HAND.

Thumb :—*Do not swear*; because God says, "Swear not at all."—MATT. v : 34.

First Finger :—*Do not lie*; because God says, "Lying lips are an abomination to the Lord."—PROV. xii : 22.

Second Finger :—*Do not steal*; because God says, "Thou shalt not steal."—EX. xx : 15.

Third Finger :—*Do not cheat*; because God says, "A false balance is an abomination to the Lord."—PROV. xi : 1.

Little Finger :—*Do not fight*; because God says, "Be at peace among yourselves."—I THESS. v : 13.

LEFT HAND.

Thumb :—*Do not be unkind*; because God says, "Be ye kind one to another."—EPH. iv : 32.

First Finger :—*Do not disobey your parents*; because God says, "Children, obey your parents in the Lord, for this is right."—EPH. vi : 1.

Second Finger :—*Do not break the Sabbath*; because God says, "Remember the Sabbath Day to keep it holy."—EX. xx : 8.

Third Finger.—*Do not use tobacco*; because God says, "Lay aside all filthiness."—JAS. i: 21.

Little Finger.—*Do not drink*; for God says, "Wine is a mocker, strong drink is raging."—PROV. xx: 1.

A SWARM OF BE'S.

Miss Moore, in a letter to some young friends, says: "I send you a swarm of Be's which will not sting; the stingers are spelt with two e's, these, as you see, with one. Therefore you can safely allow one to light on each of your ten fingers, and then hive them in your heart. They will furnish food for your soul. You will find the

1st Be in Romans, xii: 10.	6th Be in I Thessalonians, iv: 11.
2d Be in James, i: 19.	7th Be in I Peter, v: 5.
3d Be in James i: 22.	8th Be in Proverbs, xxiii: 17.
4th Be in Ephesians, vi: 10.	9th Be in I Peter, iii: 8.
5th Be in I Peter, v: 8.	10th Be in Revelation, ii: 10.

When you have caught all these "BE'S," that is, have learned all these verses, say them over every morning when you wake, and every night before you go to sleep, and ask God to help you to live according to their teaching.

RULES OF POLITENESS.

(To be used in the Industrial Schools and Young People's Societies.)

1. It is not polite to interrupt any one when busy.
2. It is polite to say "thank you" when you receive a favor, and "if you please" when you ask for one.—PROV. xxv: 11; also xvi: 24.
3. It is not polite to contradict any one. If you must

differ, say "excuse me, but I have a different opinion."—PROV. xi : 12 ; also xv : 1.

4. It is not polite to take the best seat or best things for ourselves, but we should offer them to our parents, teachers, school-mates, and those older than ourselves.—ROM. xii : 10.

5. It is not polite to laugh or talk loud in the street.—PROV. vii : 11.

6. It is not polite to have dirty finger nails or wear dirty clothes, but, on the contrary, it is polite to keep your person neat and clean—your homes neat and clean, having "a place for every thing and every thing in its place."

7. A polite person will always keep their teeth perfectly clean, their shoes laced and hair nicely combed, and their clothes fastened neatly.

8. It is polite to wear a patch on a garment, *if necessary*, but not a hole or slit.

9. When company come it is polite to go to the door, open it, and invite the persons in ; offer them a seat, and then be seated yourself. Do not stare at them or act rudely.—MATT. vii : 12.

10. It is polite to look at and listen to any one who is speaking to you.—JOB xxxii : 11.

11. A well-bred person will never ridicule or sneer at any one.—PROV. iii : 34 ; PROV. xxii : 10.

12. If you have done wrong or hurt any one's feeling, ask to be forgiven, and if you accidentally hurt any one, say : " Beg pardon."—JAMES v : 16.

13. It is not polite to eat any thing in company without sharing it or offering it to others.

14. It is polite to be respectful and kind to your teachers and parents.—HEB. xiii : 17 ; EX. xx : 12.

15. Always be kind to the lame, the blind, or the afflicted in any way.—PROV. xxi: 13.

16. It is polite to sit erect, with feet together and toes out.

17. It is polite to give up to others rather than quarrel, unless what they want you to do would be a sin against God.—ROM. xii: 18.

18. It is polite to wear a pleasant face and be obliging to all.—ROM. xv: 2; PROV. xvii: 22.

19. It is very impolite and also wicked not to keep your promises.—EP. iv: 25.

20. It is not polite to meddle with what does not belong to you, nor ask annoying questions.—I TIM. v: 13; PROV. xx: 3.

SONGS AND EXERCISES FOR CHILDREN.

(1.)

SEWING-SCHOOL SONG.

1 We'll all arise together,
And lift our eyes above;
We'll all sit down together,
And think of Jesus' love.

CHO.—We'll mind the rule of the sewing-school,
We'll mind the rule of the sewing-school,
We'll mind the rule of the sewing-school,
And all sit still together.

2 We'll sit up straight together.
And very quiet be.

We'll place our feet together,
As still as still can be ;

CHO.—We'll mind etc.,
And all stand up together.

3 We'll bow our heads together,
And lisp this little prayer :
Dear Jesus bless Thy children,
We need Thy precious care.

CHO.—We'll mind etc.
And all sit down together.

4 We'll raise our hands together.
For Christ we'll do and dare ;
We'll fold our arms together,
And bow in silent prayer.

CHO.—We'll mind etc.
And all sit still together.

(2.)

EXERCISE SONG.

I This is east and this way west ;
Soon I'll learn to say the rest,
This is high and this is low,
Only see how much I know ;
This is narrow this is wide,
Something else I know beside ;
Down is where my feet you see,
Up is where my head should be.

- 2 Here's my nose and here's my eyes;
 Don't you think I'm getting wise?
 Now my eyes wide open keep,
 Shut them when I go to sleep;
 Here's my mouth and here's my chin,
 Soon to read I shall begin;
 Ears I have as you can see,
 Of much use they are to me.
- 3 This my right hand is you see,
 This my left as all agree;
 Over head I raise them high,
 Clap, clap, clap, I let them fly;
 If a lady in the street,
 Or my teacher I do meet,
 From my head my cap I take,
 And a bow like this I make.
- 4 These my hands so neat and clean,
 Never striking should be seen;
 Now I fold my arms up so,
 To my seat I soon will go;
 One thing more I want to tell,
 Which you do not know so well;
 I am neither great nor tall,
 Ten years old I am, that's all.

(3.)

CLAP, CLAP, HURRAH.

SELECTED FROM CALISTHENIC SONGS.

- 1 Hold the right hand up, hold the left hand up;
 Whirl the fingers briskly, clap, clap, clap;

See the blacksmith strike while the iron is hot.

Little boy, wake up from your drowsy nap.

- 2 To the eastward point, to the westward point ;
Fold your arms behind you, heads upright ;
See the drummer drum on his big bass drum,
Let us step together—left foot, right.
- 3 Here we all stand up clapping merrily,
Let us raise our hands—clap once again.
See the sawyer saw on the big wood pile ;
How it makes the blood run through each vein.
- 4 We are standing yet, and our hands stretch up,
Downward upward quickly the elbows draw ;
See the school boy driving his hoop along.—
Ha, ha, ha, ha, ha !—Hurrah ! Hurrah !

(4.)

TARDY SCHOLAR.

SELECTED.

List to the stroke of the tardy bell,
List to the tales that the idlers tell :
Come one by ones or in threes and fours,
See how they come through the great front door.

- 1 I had no breakfast till half past eight,
Then tho' I hurried it was too late.
Hurry a little at six instead,
Never be found at that time in bed.
- 2 I was in season but lost my slate,
That was the reason I came so late.

Everything always should have a place,
 Heeding this rule you will save disgrace,

2 I was out playing and did not think,
 It was near nine when I left the street.
 Duty for pleasure has waited then,
Never bring such an excuse again.

4 Mother was sick and I staid until
 In came a neighbor my place to fill.
 List to this reason, the only one ;
 Higher the duty and nobly done,
 They who are conscious of doing well,
 Naught have to fear from the tardy bell.

(5.)

HAND EXERCISE SONG.

SELECTED FROM CALISTHENIC SONGS.

1 Roll your hands, roll your hands,
 As slowly, as slowly, as slow can be ;
 Then fold your arms like me, like me,
 Then fold your arms like me.

2 Roll your hands, roll your hands,
 As swiftly, as swiftly, as swift can be.

3 Clap your hands, clap your hands,
 As softly, as softly, as soft can be ;
 Then fold your arms like me, like me,
 Then fold your arms like me.

4 Clap your hands, clap your hands,
 As loudly, as loudly, as loud can be.

- 5 Go to sleep, go to sleep,
 As lazily, as lazily, as lazy can be ;
 Then bow your head, like mine, like mine,
 Then bow your head like mine.
- 5 All wake up, all wake up,
 As brightly, as brightly, as bright can be.
 Then fold your arms, like me, like me,
 Then fold your arms like me.

(6.)

IMITATION SONG.

SELECTED.

- 1 This is the way we clap our hands,
 We clap our hands, we clap our hands,
 This is the way we clap our hands,
 As merrily we play.
- 2 This is the way we show our hands,
 In beautiful array.
- 3 This is the way the clock does tick,
 And tells how time does fly.
- 4 This is the way the baker does,
 When he is kneading bread.
- 5 This is the way the sawyer saws,
 When he cuts the wood in pieces.
- 6 This is the noise the guns do make
 On a celebration day.

(7.)

RAISE YOUR HANDS.

7. Raise your hands if they are clean,
By your teacher to be seen ;
Hands and faces clean and bright,
How they do the heart delight.
Raise them high and turn them so,
Have them always fit to show.
Hold them still ; how nice to view—
How the blood goes streaming through.

. If you keep them bright and clean,
Their true color may be seen ;
Hold them very still again,—
Teacher, don't you see each vein ?
Don't you see each purple tide
All along each finger glide ?
Oh, how pleasant it must be
For the blood to flow so free.

. All who come to sewing school,
They must learn to keep the rule.
Brush their clothes and comb their hair,
Wash their face and hands with care.
Sparkle, sparkle, water pure,
Dirty hands I can't endure.
Washing's pleasant, I am sure ;
Sparkle, sparkle, water pure.

(8.)

TWO LITTLE EYES TO LOOK TO GOD.

I These two little eyes that God has given,
 Must always look to Him,
 And He will show us the way to heaven,
 And teach us to walk therein.
 These two little feet must be willing and hasten
 To walk in the narrow road ;
 These two little ears must only listen
 To words that are pure and good.

2 These two little hands must be ready to labor
 For Jesus all my days ;
 This one little heart must seek His favor,
 These lips must speak His praise,
 That when He calls us home to Heaven,
 The beautiful city of light,
 To each little head will then be given
 A crown of glory bright.

(9.)

CLAP YOUR HANDS FOR JOY.

I Though our years are few and our strength is weak,
 Though we can not work like men,
 We will raise our hands and for Jesus speak,
 We will praise Him all we can.

CHO.—Clap your hands for joy, cheerful songs now bring
 Every little girl and boy ;
 Jesus loves to hear little children sing,
 Clap your tiny hands for joy.

- 2 Tho' we can not go to the far-off lands,
 We will gladly volunteer
 All to raise to Jesus our little hands,
 And to praise Him far and near.

CHO.—Clap your hands for joy, etc.

- 3 We shall sing at last with the blood-washed throng,
 On the bright celestial shore ;
 Then we'll raise our hands, till in sweeter song
 We shall praise Him forevermore.

CHO.—Clap your hands for joy, etc.

(10.)

THE RAINY DAY.

SELECTED.

- 1 The rain is falling very fast,
 We can't go out to play ;
 But we are happy while in school,
 Tho' 'tis a rainy day.

CHO.—Then clap, clap, clap together,
 Clap, clap away ;
 The school may be a happy place
 Upon a rainy day,

- 2 For while the rain comes patt'ring down
 We merrily sing our song ;
 To hearts content and spirits light,
 Time quickly speeds along.

CHO.—Then clap, clap, etc.

- 3 We listen all attentively
 To what our teachers say ;
 But when our lessons all are o'er,
 'Tis then the time to play.

CHO.—Then clap, clap, etc.

- 4 With smiling faces, at our posts
 So orderly we stand,
 Then quickly turn, and now sit down,
 When teacher gives command,

CHO.—Then clap, clap, etc.

(II.)

CLOSING EXERCISES.

We'll all arise together,
 We'll turn about together,
 We'll mind the rule of the sewing school
 And all march out together.
 We'll all march out together,
 We'll all march out together,
 We'll mind the rule of the sewing school
 And all march out together.

BIBLE READINGS.

MOSES' SABBATH SCHOOL.

Deuteronomy xxxi : 9-13.

Exodus xxiv ' 7.

EZRA'S SABBATH SCHOOL.

Nehemiah viii : 1-8.

THE SAVIOUR'S SABBATH SCHOOL.

Luke iv: 16-21.

PAUL'S SABBATH SCHOOL

AT THESSALONICA.—Acts xvii: 1-4.

AT BEREIA.—Acts xvii: 10-12.

WHY WE SHOULD READ THE BIBLE.

Deut. vi: 6, 7.

Psalms cxix: 11, 105, 130.

Acts xx: 32.

Jer. xxiii: 25-32.

John xv: 3, 7.

James i: 22, 23.

Isa. lv: 10, 11.

Psa. i: 2, 3.

II Tim. iii: 14, 15.

Phil. ii: 15, 16.

Gal. i: 8, 9.

I Peter i: 24, 25.

Rom. xv: 4.

John v: 33, 37, 39.

THE SABBATH.

Genesis ii: 1-3.

Exodus xx: 8-11.

Exodus xxxi: 12-14.

Leviticus xix: 30.

I Corinthians xvi: 2.

Matthew xii: 1-13.

Mark ii: 23-28.

Mark xvi: 2, 9, 10.

Acts xx: 7.

John xx: 19, 20, 26.

Isaiah lviii: 13, 14.

Nehemiah xiii: 15-22.

HOW WE KNOW WE ARE SAVED.

John xiv: 15, 21.

John xv: 14.

Romans viii: 14-17.

I John ii: 3.

Gal. iv: 6.

John xiii: 35.

I John iii: 24.

Phil. ii: 5.

Psalm i : 2.

I John iv : 13.

John viii : 31.

Rom. v : 1, 2.

Col. iii : 8-17.

BE OF GOOD COURAGE CHRISTIANS.

Isa. xli : 7, 10, 14, 17, 18.

Isa. xl : 31.

Psalm ciii : 6-12

II Cor. xii : 9, 10.

II Thess. ii : 16, 17.

Joshua i : 6-9.

Phil. iv : 19.

DUTIES OF PARENTS AND CHILDREN.

Joshua iv : 21-24.

Deut. vi : 6, 7.

I Timothy v : 4.

Colossians iii : 21.

Matthew xix : 13-14.

I Kings ii : 19.

Proverbs xxix : 15-17.

Ephesians vi : 1-4.

II Timothy i : 5 ; iii : 15, 16.

Exodus xx : 12.

Leviticus xix : 3.

Mark ix : 36, 37.

Proverbs i : 8, 9 ; x : 1 ; xiii : 1 ; xx : 20 ; xxx : 17 ; xxiii : 22,
24-26 ; xxii : 6.

MARRIAGE RELATION.

Genesis ii : 18, 21-24.

Proverbs xxxi : 10-13.

Ephesians v : 22-33.

I Peter iii : 1-7.

Matthew xix : 3-6.

Ecclesiastes ix : 9

II Corinthians vi : 14.

Matthew v : 27, 32.

Proverbs xviii : 22.

Colossians iii : 18, 19.

I Corinthians xi : 8-12.

I Corinthians vii : 2.

Romans vii : 2-3.

Matthew ii : 13, 14.

Matthew xiv : 4.

Hebrews xiii : 4.

GOSPEL TEMPERANCE.

No Heaven for drunkards.—I Cor. vi:9-10; Gal. v:19-21.

We must drink to the glory of God.—I Corinthians x:31.

We must not cause one to stumble.—Rom. xiv:21.

Christ's solemn warning.—Matt. xviii:6-9.

Paul dared not run such fearful risks. Shall I?—I Cor. viii:12-13.

We must expel all drunkards from the church.—I Cor. v:11-13.

The tempter cursed.—Hab. ii:15.

Paul preached TEMPERANCE boldly.—Gal. v:23; Acts xxiv:25.

If we lack temperance we are yet in our sins.—II Peter i:6-9.



BIBLE MARKS OF A GOOD WOMAN.

The Bible teaches Christian women to be wise.—Psalms cxi:10; Prov. xiv:1; Prov. iv:5, 6, 7; Jas. iii:17.

Truthful, honest and kind.—Eph. iv:25-32; Matt. vi:14, 15; Jas. i:27.

Industrious.—Prov. xxxi:24-27; Prov. vi:6-9.

Modest.—I Tim. ii:9, 10; I Peter iii:1-5.

Virtuous.—Prov. xxxi:10, 11, 12; Matt. v:32; Mark x:11, 12; Rom. vii:23, 24; I Cor. vi:9 to 11; Eph. v:31, 32, 33.

Meek and careful to control her tongue.—Gal. v:22-26; James iii:13-18; I Cor. xiii:4-7; James v:8; James iii:6, 9, 10; Titus ii:1-5; Titus iii:1-2.

Kind and helpful to parents.—I Tim. v:14-16; Ex. xx:12.

BIBLE LESSON FOR SERVANTS.

Christ as a servant.—Phil. ii:7; Matt. xx:28; Luke xxi:27; John xiii:14-17.

Servants should know their place.—Matt. x:24, 25; Luke xvii:7-10; John xiii:16.

They should be respectful.—I Tim. vi:1.

Obedient.—Eph. vi:5-7; I Pet. ii:18-20.

Faithful.—I Cor. iv:2.

Honest.—Titus ii:10.

They should not answer back.—Titus ii:9.

Not be eye-servants.—Col. iii:22, but render service as unto the Lord, Col. iii:23, whose servants they are, I Cor. vii:22, 23, and who will not fail to reward them, Col. iii. 24.

Servants should not talk about things which happen in the family which they would not like to have repeated, Prov. xi:13; Matt. vii:12.

All good people are servants of the Lord, Psalm cxvi:16; I Peter ii:16, and ought to work faithfully in any place he gives them, Matt. xxv:20-30, assured that faithful service will bring happiness, John xiii:17, and that when their work is done they will receive their reward.—Matt. xxiv:45-47; Rev. xiv:13; Rev. xxii:3-5.

BIBLE LESSONS FOR WORKERS.

Thou, therefore, which teachest another, why teachest thou not thyself? Thou that preachest a man should not steal, dost thou steal? Thou that sayest a man should not commit adultery, dost thou commit adultery? ROM. ii: 21, 22.

“For consider him that endureth such contradiction of sin.

ners against himself, lest ye be wearied and faint in your minds." HEB. xii : 3.

"Thou, therefore, endure hardness, as a good soldier of Jesus Christ." II TIM. ii : 3.

"Be thou faithful unto death and I will give thee a crown of life." REV. ii : 10.

"He that hath pity on the poor, lendeth to the Lord." PROV. xix : 17.

"Go ye out into the highways and hedges and compel them to come in, that my house may be filled." LUKE xiv : 23.

"And whatsoever ye do, do it heartily, as to the Lord, and not unto men." COL. iii : 23.

JOB, xxix : 13. MATT. x : 40.

Jesus says—"In as much as ye have done it unto one of the least of these my brethren, ye have done it unto me." MATT. xxv : 40.

Read James v : 7 ; also James ii : 17. Luke xiii : 6, 9.

"Go ye into all the world and preach the Gospel to every creature." MARK xvi : 15.

PART FOURTH.

GOSPEL TEMPERANCE.

CONSTITUTION OF TEMPERANCE BAND.

This Society shall be called the Gospel Temperance Band of _____.

PREAMBLE.

Seeing the great evil of intemperance, and knowing the terrible curse it is to our people, and feeling sure that the use of intoxicating liquors, tobacco and snuff, more than any other evils, tends to keep our people in poverty, we are now called in the providence of God to join ourselves together in a band, so that we may be better able to encourage each other in temperance work, and more successfully fight our great enemies.

ARTICLE I.

The officers of this Band shall be President, Vice-President, Secretary, Assistant Secretary and Treasurer. Said officers to be selected every six months. The duty of said officers shall be the same as that usually assigned such officers.

ARTICLE II.

Any one may become a member of this Band by subscribing to the Constitution and signing the following pledge :

I do hereby solemnly promise by the help of Almighty God, to abstain from the use of all intoxicating liquors, including wine, beer and cider as a beverage, and to do all in my power to keep others from using the same, also to abstain from tobacco in every form, and from all profanity and gambling.

ARTICLE III.

The Band shall meet as often as the members shall decide proper to pray for God's blessing on the work and to bring new members to join our ranks, and to hear words of instruction or encouragement from any whom the Band may appoint or invite.

ARTICLE IV.

It shall be the especial duty of each member to endeavor to train the young in temperance principles, and if possible, get them to sign the pledge.

And if they know any one in the habit of using intoxicating liquors in danger of being thus led astray, they must strive to bring them into the meetings and into the services of the church, and if possible to get them to sign the pledge, and when they do sign it, it shall be the duty of the Band to have a tender watch care over them ; pray for them and strive in every way to encourage them in their good resolutions.

ARTICLE V.

If any member of the Band shall break his or her pledge, and the Band shall have positive proof of the same, then they shall send one or more of their number to labor with the offenders, and if possible bring them back ; if they confess their faults and promise anew, they shall be forgiven. No one shall be excluded till we have thus labored and prayed for them.

ARTICLE VI.

There shall be a collection taken up at the close of each meeting to aid in the work of Temperance ; said money to be spent as the Band shall decide.

BY - LAWS OF THE TEMPERANCE BAND
—OF—

SEC. 1.—This organization shall be called The Gospel Temperance Band of.....

SEC. 2.—This Band shall meet.....

SEC. 3.—The exercise of the meeting shall consist of selected readings, original speeches, essays, recitations, dialogues, singing, etc., no exercise to exceed ten minutes.

SEC. 4.—A committee of three shall be appointed to prepare a programme for each meeting. Said committee to serve six months.

SEC. 5.—Each meeting shall be opened and closed with prayer.

BADGE.

Each one who signs the pledge is requested to wear a badge to remind him of the promise he has made, and also to show to all that he is on the side of Temperance and not ashamed of the cause he represents.

MEETINGS.

ORDER OF BUSINESS.

1. Reading Scriptures.
2. Singing.
3. Prayer.
4. Responsive Exercises.
5. Marking the attendance.
6. Reading the Minutes of the previous meeting.
7. Proposal and Admission of New Members.
8. Recitation of Catechism, and Remarks.
9. Singing by the Band.
10. Reports, and other Business.
11. Addresses, Recitations, Duets, and other exercises.
12. Reports of attendance, etc.
13. Closing hymn.

RESPONSIVE EXERCISES FOR OPENING OF
BAND.

Superintendent says : "Who hath woe? Who hath sorrow? Who hath contentions? Who hath babbling? Who hath wounds without cause? Who hath redness of eyes?"

The Band Responds: "They that tarry long at the wine; they that go to seek mixed wine."

Supt.—"Look thou not upon the wine when it is red, when it giveth its color in the cup, when it moveth itself aright."

Band.—"At the last it biteth like a serpent and stingeth like an adder."

Supt.—"Heed not the voice of the tempter, for "wine is a mocker, strong drink is raging."

Band.—True wisdom and insured safety is to "Touch not, taste not, handle not" the intoxicating cup.

Supt.—"If sinners entice thee, consent thou not.

Band.—"Enter not into the path of the wicked, and go not in the way of evil men. Avoid it, pass not by it, turn from it and pass away."

Supt.—That we may escape the woes and sorrows of the drunkard, and labor to extend the blessings of true Temperance to others, we are met together as a Band of Hope, and have taken its pledge, which we now renew :

All.—"I do hereby solemnly promise, by the help of Almighty God, to abstain from the use of all intoxicating liquors, including wine, beer and cider, as a beverage, and to do all in my power to keep others from using the same ; also, to abstain from tobacco in every form, and from all profanity and gambling.

SINGING—"THE HAPPY TIME."

Tune—"There is a Happy Land."

There is a happy time, not far away,
When Temperance truth shall shine, bright, bright as day ;
Oh, then we'll sweetly sing, make the hills and valleys ring,
Earth shall her tribute bring—it's not far away.

Bright in our happy Band, beams every eye ;
Pledged with our heart and hand, love can not die ;
Oh, then to Temperance run, be both health and virtue won,
Bright as the noonday sun shines in the sky.

Come, join the Temperance Band, come, come away ;
Why will ye doubting stand ? why still delay ?

On, we shall happy be, when we're from Intemp'rance free,
Haste ! from the danger flee ! haste, haste away.

Haste, then, the happy time, not far away,
When Temperance truth shall shine, bright, bright as day ;
Oh, then, we'll sweetly sing, make the hills and valleys ring,
Earth shall her tribute bring, not far away.

—*Rev. J. B. Dunn.*

ADMISSION OF NEW MEMBERS.

New members may sign their names on the pledge roll on entering, and then be seated near the platform until after the opening exercises. At the proper time for receiving them before the Band they will be arranged, standing before the Superintendent's desk. The whole Band may also be asked to stand during the exercise.

Superintendent.—We welcome you to our society, and receive you as co-workers in this good cause. Strictly adhere to our pledge. Be firm both against the solicitations of friends and the threats of foes ; let no temptation cause you to fall ; no persuasion lead you to yield. Thus, true to your pledge, a sober, an honorable, and a useful life may be yours.
(*To the Band.*)

What fills our land with drunkenness ?
Our jails with criminals ?
Our asylums with orphans and paupers ?
Our cemeteries with unhonored graves ?
Our cities with mourners ? and
Our homes with misery and want ?

Band.—Intemperance.

Supt.—What gives plenty for poverty?

Health for disease?

Joy for sorrow?

Light for darkness?

Band.—Total abstinence.

Supt.—What, then, should all do who would shun the accursed cup, be safe, and win the approval of Heaven?

Band.—Take the pledge.

Supt.—(To the candidates.) I will now repeat the pledge and if you will take it with us, after I repeat it you will say, *This I do.*

I do hereby solemnly promise by the help of Almighty God, to abstain from the use of all intoxicating liquors, including wine, beer and cider, as a beverage, and to do all in my power to keep others from using the same; also, to abstain from tobacco in every form, and from all profanity and gambling.

Each candidate will then say:—This I do.

Superintendent says:—I now present to you the badge of the Band (presenting each with the Band Ribbon or other badge of the Band), and welcome you as members of this Band, and as young soldiers in the Temperance Army. We trust you will prove true to your pledge, faithful in your attendance upon the meetings, and ever ready to perform whatever work may be given you to do. Never forget that you belong to the Band. Wherever you are, at home, at school, at play, or at work, try to get recruits for the Temperance Army; and in every way seek to be a credit to the cause, an honor to the Band, useful in the world, and faithful to your God.

The Band will then sing.

Old tune—"Sweet By and By." (G).

God is sending His truth o'er the world,
And His foes so long boastful must fall ;
For His armies with banners unfurled,
Boldly march to the word of His call.

CHO.—We will sign, sign the pledge,
We will banish the rum-fiend from sight,
We will sign, sign the pledge,
And will battle for God and the right.

The Superintendent will then assign the new members their places in the different classes, and the regular business will be proceeded with.

CLOSING.

Superintendent.—The time has come for us to close. Let us, as we part, remember the duties before us, and cheerfully let us seek to discharge them. I trust our meeting will not have been in vain ; may its exercises animate us in our work ; strengthen us in our principles, and tend to make us more faithful to the cause that binds us together.

Let us all strive to be punctual at our next meeting, and bring some new recruits with us. The Band will now rise and sing :

TEMPERANCE HYMNS.

(1.)

IF I WOULD NOT BE A DRUNKARD.

If I would not be a drunkard
I must not drink a drop
Of the wine that looks so tempting ;
Within the ruby cup.
For such a small beginning,
Though innocent it seem,
May lead me on to sinning
More fearful than I dream.
May lead me on to sinning
More fearful than I dream.

If I would not be a drunkard,
I stoutly must refuse
All the sorts of beer and cider
Which other people use.
They may not steal my reason,
But they will give the taste,
And lead me on, when older,
To hanker for the rest.
And lead me on when older,
To hanker for the rest.

If I would not be a drunkard,
I must not smoke or chew,
For they say these evil habits
Will lead to drinking to.
And I must shun companions
With words and actions vile,

Or else my feet will surely
 Slide downward all the while.
 Or else my feet will surely
 Slide downward all the while.

If I would not be a drunkard,
 I must the Lord obey,
 I must flee from all temptation,
 And ever watch and pray,
 His loving arms can keep me,
 From evil and from sin,
 And lead me on to heaven,
 The crown of life to win
 And lead me on to heaven,
 The crown of life to win.

(2.)

CHILDREN'S TEMPERANCE BATTLE SONG.

Come to the rescue, little folks, come !
 Join in the war against whiskey and rum ;
 We'll all sign the pledge and stand up for the right,
 And always keep our red ribbon in sight.

CHO.—Come ! Come ! little folks, come ;
 Fight against whiskey, brandy and rum.
 Come ! Come ! little folks come ;
 Fight against whiskey, brandy and rum.

Don't waste any time, for every day,
 Satan tries harder to keep you away,
 He tells you your pledge and your sign are no good,
 And would keep them both from you if only he could.

CHO.—Come ! Come ! etc.

Get all the boys and girls that you can,
To join now with you in this temperance band,
To labor and pray 'gainst the terrible sin
Of drinking brandy, whiskey and gin.

(3.)

PRAYER FOR LIGHT AND WISDOM.

Tune—"Revive us Again." "Pure Gold." p. 19.

O Lord ! give us light, give us wisdom we pray,
Give us strength for the work we are doing to-day.

CHO.—Come and help us, blessed Saviour,
All powerful art thou ;
Thine the glory, thine the victory,
Come and help us just now.

Though weak in ourselves, yet in thee we are strong,
For thou art our strength, our salvation, our song.

CHO.—Come and help us, etc.

For the slaves of the cup, Lord, we cry unto thee ;
Oh ! loose them from bondage, and let them go free.

CHO.—Come and help us, etc.

Oh ! visit their souls in their darkness and night,
And wake them from slumber to freedom and light.

CHO.—Come and help us, etc.

Thy presence, thy power, and thy mercy we seek,
Lord, lift up the fallen and strengthen the weak.

CHO.—Come and help us, etc.

(4.)

OUR MARCHING SONG.

The army of temperance is gathering its men,
From hill top and mountain, from valley and glen.
Cold water's our beverage, we are trusty and strong,
Then come join our army and be marching along.

CHO.—Marching along, we are marching along,
Come join our army and be marching along,
Cold water will make us both valiant and strong,
Then come join our army and be marching along.

King Alcohol's army is must'ring in might,
Then come to the rescue, and join in the fight.
With love on our banner and love in our song,
We are sure now to win, as we're marching along.

CHO.—Marching along, etc.

The foe may outnumber us many a score,
But our leaders are valiant and ne'er will give o'er.
Our cause is humane, we shall triumph o'er wrong,
Then come join our army and be marching along.

CHO.—Marching along, etc.

From mountain to lake, from the gulf to the strand
Our army is marching in strength through the land.
In faith, love and purity, we still will grow strong,
Then come join our army and be marching along.

CHO.—Marching along, etc.

GRANDPA'S STORY.

Tune—"Hold the Fort."

- 1 Once I thought, when like our Harry,
Near the age of nine,
If I learned to use tobacco,
It would indeed be fine.

CHO.—But my boy, I pray don't use it,
'Tis a habit vile :
Crafty Satan profits by it,
Aids it all the while.

- 2 Soon I used up all my money,
'Twas a sorry joke,—
Spending so much cash for pleasure,
Ending just in smoke.

CHO.—But, my boy, etc.

- 3 When I tried to do without it,—
Tried, alas! in vain,—
O, the horrors of that moment !
O, the galling chain !

CHO.—But, my boy, etc.

- 4 Now an old man, pale and feeble,
Bears a grievous yoke ;
Health is broken, money wasted,
All consumed in smoke.

CHO.—But, my boy, etc.

(6.)

WHEN TO SAY "NO."

[From "Band of Hope Songs," by permission of David C. Cook.]

Tune—"I feel like singing all the time."

- 1 If on some pleasant holiday,
A play-mate unto you should say,—
From pledges all let's break away
And have a jolly time to-day.

CHO.—Just say No ! say No ! a good, round,
Hearty No ! and, by this, true manliness
You will show.

- 2 And if, perchance, upon the street,
A dear acquaintance you should meet,
With winning smile he should you greet,
And ask you, "Come and take a treat."

CHO.—Just say No ! etc.

- 3 And when a rum shop passing by,
Where deadly alcohol is nigh,
And you are asked to drink or buy,
Don't stop to question "What or why."

CHO.—Just say No ! etc.

- 4 And so of all these drinks of sin,
Wine, beer and whisky, cider, gin ;
For if the crown of life you'd win,
A drinking habit ne'er begin.

CHO.—Just say No ! etc.

WILL NEVER TOUCH THE WINE.

[From "Band of Hope Songs," by permission of David C. Cook.]

Tune—"Hold the Fort."

- 1 We are a little temperance band,
And this our pledge secure :
Will never, never touch the wine,—
Will drink the water pure.

CHO.—Drink, drink, drink cold water,
Drink cold water pure ;
We'll never, never touch the wine,
We'll drink the water pure.

- 2 We'll join the army of the land,
The tried, the true the brave.
Who nobly strive from alcohol
Our friends and homes to save.

CHO.—Drink, drink, etc.

- 3 If faithful in our temp'rance band,
The little we can do
May help some other feeble one
To keep a purpose true.

CHO.—Drink, drink, etc.

- 4 Come, join our little temp'rance band,
The erring help to win,
Unite with us in chorus grand,
This little song to sing.

CHO.—Drink, drink, etc.

(8.)

TEMPERANCE BOYS AND GIRLS ARE WE.

[From "Band of Hope Songs," by permission of David C. Cook.]

Tune—"Holy Spirit, Faithful Guide."

- 1 Temp'rance boys and girls are we,
Growing stronger ev'ry day,
From the curse of rum we're free,
Growing stronger every day.
Those who drink the toper's gin,
Follow on from sin to sin,
Till they're bound like trammeled slave,
Find at last a drunkard's grave.
- 2 Temp'rance boys and girls are we,
Growing stronger ev'ry day ;
From tobacco we are free,
Growing stronger every day.
Those who chew, or smoke, or snuff,
Soon are fettered fast enough
To a habit, costly, vile,
Growing stronger all the while.
- 3 Temp'rance boys and girls are we,
Growing stronger ev'ry day ;
From profanity we're free,
Growing stronger ev'ry day.
Those who take God's name in vain,
Bring upon their hearts a stain,
Which shall blacker grow each day,
Unless Jesus cleanse away.

- 4 Temp'rance boys and girls are we,
 Growing stronger ev'ry day;
 We're from Sabbath-breaking free,
 Growing stronger ev'ry day.
 Those who break this holy day,
 At their work or at their play,
 Disobey a law of God
 Plainly given in His word.

(9.)

FIGHT FOR PROHIBITION.

[From "Band of Hope Songs," by permission of David C. Cook.]

Tune—"Ring the Bells of Heaven."

- 1 Fight for Prohibition, gird our armor on,
 Valiantly we'll march against the foe;
 We will wield the scepter till the battle's won,
 Till we stay the stream of blood and woe.

CHO.—Glory, glory, let the people sing,
 Glory, glory, make the welkin ring,
 'Tis for Prohibition we will take our stand,
 Till we drive intemp'rance from the land.

- 2 Work for Prohibition—now the Father calls,
 Calling for the safety of His child;
 O, He loves him dearly, cannot see him fall
 By intemperance, and by sin defiled.

CHO.—Glory, glory, etc.

CLOSING HYMN.

[From "Band of Hope Songs," by permission of David C. Cook.]

Tune—We're Going Home To-morrow."

- 1 A song of love, to Thee above,
We offer at this closing ;
And as we go, Lord, may we know
In whom we are reposing.

CHO.—We trust in Thee, tho' many sins oppress us,
We trust in Thee to ever guide and bless us.

- 2 May each one seek throughout the week
To honor and confess Thee ;
May Thy right arm shield all from harm,
That we may ever bless Thee.

CHO.—We trust in Thee, etc.

FACTS WORTH KNOWING.

We are often told that intoxicating liquors are good medicine, but the following will show they are poisonous. Read this and you will see how much poison you take with your morning and evening dram, and how you make the saloon keeper rich.

BOURBON OR RYE WHISKEY.

Is manufactured with high-wines, commonly called fusel-oil whiskey, made to-day and drank three days after: contains also vinegar, syrup, oil of Bourbon, water, French coloring

bluestone and other poisonous chemicals. Costs from 90 cents to \$1 per gallon ; retails for \$5 to \$6 per gallon.

NEW ALE.

Is diluted with oil of vitriol, damaged molasses, and bilge water from sugar or molasses vessels.

LAGER BEER AND WHAT DRUGS IT CONTAINS.

A little malt, plenty of water, some inferior hops, rosin, tar, saleratus, soda, with four different kinds of chemicals, to make it keep after brewing.

No wonder we have hard times, when the nation is spending more money for intoxicating drinks than for all the bread it eats, and all the clothes it wears, all the books it reads, or all the churches it has ever built.

The drink bill is one-seventh the value of all our manufactures, and one-fourth of all our farm productions.

40,000,000 bushels of grain are annually destroyed which would have made 600,000,000 four pound loaves of bread.

PLEDGE IN RHYME.

I promise not to buy, drink, sell or give
Intoxicating liquors while I live ;
From all tobacco I'll refrain,
And never take God's name in vain

What good advise shall we give ?

Don't smoke, don't chew, don't drink, don't swear, don't lie, don't gamble, don't cheat, don't keep bad company, don't break God's holy Sabbath in any way.

A man who spends 10 cents in the morning, 10 cents at

noon, and 10 cents at night for drink—spends 30 cents per day and \$109.50 in a year.

He who spends 20 cents a day, spends in a year \$73.00.

He who spends 10 cents a day, spends \$36.50 a year.

And he who spends 5 cents each day, spends \$18.25 a year.

A man who is a member of a church in St. Bernard Parish, La., who only drank occasionally, signed the Temperance Pledge. He has a wife and four children to support. In eight months, by becoming a temperance man, he saved money enough to make his home more comfortable, and thirty dollars besides, with which he bought a bell and presented to his church.

If your liquor costs you 20 cents a day, in ten years it will amount to \$630.00 and with that sum you can send your boy, who is now ten years of age, ten years to a good school, and then, when twenty years old, he would be a good scholar, an honor to you and a blessing to the world. Which will you have, your whisky or the education of your boy?

TEMPERANCE CATECHISM.

1. What is temperance?

The moderate use of such things as are useful and right, and total abstinence from all things that harm us.

2. What is a temperance pledge?

A solemn promise not to use, buy, or sell any kind of intoxicating liquor.

3. Is it right to make such a promise?

Yes, God makes many promises to us, and it is right that

we should make promises to Him, asking Him to help us keep them.

4. What does God say about wine?

“Look not upon the wine when it is red, when it giveth its color in the cup, when it moveth itself aright; at the last it biteth like a serpent and stingeth like an adder.” PROV. xxiii: 31-32.

5. What does He say about stronger drinks?

“Woe unto them that rise up early in the morning, that they may follow strong drink, that continue until night till wine inflame them.” ISAIAH v: 11.

6. Repeat our Temperance Pledge.

I do hereby solemnly promise, by the help of Almighty God to abstain from the use of all intoxicating liquors, including wine, beer and cider as a beverage, and to do all in my power to keep others from using the same, also to abstain from tobacco in every form, from all profanity and from gambling.

7. Is it wrong to give or to sell Liquor to any one?

God says: “Woe unto him that giveth his neighbor drink, that putteth the bottle to him and maketh him drunken also.” HABAKKUK ii: 15.

8. Can a drunkard go to Heaven?

God says: “Nor thieves, nor covetous, nor drunkards, shall inherit the Kingdom of God.” I COR. vi: 10.

9. Can we gain any thing by drinking, or by keeping company with those who drink?

God says: “Be not among wine-bibbers, among riotous eaters of flesh, for the drunkard and the glutton shall come to poverty and drowsiness shall clothe a man with rags.”— PROV. xxiii: 20, 21.

10. What other troubles do people have who drink wine and strong drinks?

God says: "Who hath woe? who hath sorrow? who hath contentions? who hath babblings? who hath wounds without cause? who hath redness of eyes?" "They that tarry long at the wine, they that go to seek mixed wines." PROV. xxiii: 29-30.

11. What does God say about ministers drinking?

"The Priest and the Prophet have erred through strong drink, they are swallowed up of wine. They are out of the way through strong drink. They err in vision, they stumble in judgment." ISAIAH: xxviii 7.

12. What else does God say to ministers and their sons?

"Do not drink wine nor strong drink, thou nor thy sons with thee, when ye go into the Tabernacle of the Congregation lest ye die. It shall be a statute forever throughout all your generations." LEV. x: 9.

13. Why did God say so much to ministers?

"That ye may put difference between holy and unholy, and between unclean and clean, and that ye may teach the children of Israel all the statutes which the Lord hath spoken unto them." LEV. x: 10-11.

14. Is it right to keep company with drunkards?

"But now I have written unto you not to keep company, if any man that is called a brother be a fornicator, or covetous, or an idolator, or a railer, or a drunkard, or an extortioner; with such an one no not to eat. I COR. v: 11.

15. What is God's command about profanity?

"Thou shalt not take the name of the Lord thy God in vain." EX. xx; 7.

16. What are the words of Jesus about swearing?

"Swear not at all." MATT. v : 34.

17. What did David say he would do?

"I will take heed to my ways, that I sin not with my tongue. I will keep my mouth with a bridle." PS. xxxix : 1.

18. What does God command us about unclean words?

"Keep thy tongue from evil, and thy lips from speaking guile." PS. xxxiv : 13.

19. Will keeping our tongue, keep us from trouble?

Yes. "Who keepeth his mouth and his tongue, keepeth his soul from trouble," PROV. xxi : 23.

20. May we eat and drink just what we please?

No, for the Bible says, "Whether, therefore, ye eat or drink, or whatsoever ye do, do all to the glory of God." I COR. x : 31.

21. Must I be careful about my influence over others?

Yes, for the sake of my weak brother I will deny myself what otherwise might be right to take. ROM. xiv : 21. I COR. viii : 13.

22. Why must we not drink intoxicating liquors?

Because there is Alcohol in them.

23. What is Alcohol?

A liquid poison.

24. How is Alcohol made?

It is formed when fruit, grain, etc. decays.

25. Are decayed things good to eat or drink?

No, the part that strengthens the body is destroyed by decay.

26. What is Cider?

Decayed Apple juice.

27. Is there Alcohol in Cider?

Yes, there is sugar in apple juice, and when the sugar decays, that makes Alcohol.

28. What is Wine?

Decayed Grape juice.

29. Is there Alcohol in Wine?

Yes, for there is sugar in grapes, cherries and all such fruits, and so when their juices decay there is Alcohol.

30. What is Beer?

The juice of decayed grain.

31. Is there Alcohol in it?

Yes, always some.

32. How is Gin made?

By heating Beer until the Alcohol goes off in vapor like steam from water, and when this vapor is cooled it is Gin. This process is called distilling.

33. What other Liquors are made in this way?

Brandy is made from Wine and Cider, and Whiskey from Rye, Corn, or Potatoes, and Rum from Sugar Cane.

34. How much Alcohol is there in these distilled Liquors?

They are more than half Alcohol.

35. Is there Alcohol in the fruit and grain we eat?

No, it is only when these good things decay that Alcohol is formed in them.

36. What does Alcohol do in the Stomach?

It makes sores there, and destroys the gastric juice, which helps to digest our food.

37. Does it make a man stronger, to use Alcoholic drinks?

No. The man who drinks no Alcohol can do the most and the best work, and keep at it the longest.

38. Is Alcohol good to keep out the cold, or to help us endure the heat?

No. People who never use such liquor can bear more heat or cold than those who drink.

39. Will the use of these Liquors keep us from disease?

No. Those who drink are most likely to take disease and die of it. When the Cholera passes through any country, it always takes away first those who drink.

40. Do many people die from the use of these poisonous drinks?

Yes. One hundred thousand persons are killed every year in the United States by the use of Alcoholic drinks.

41. How many is that a day?

Two hundred and seventy-three, or nearly one every five minutes.

42. Does Alcohol bring on diseases?

Yes. More than forty kinds of disease are brought on by the use of intoxicating drinks. And two million children are made orphans every year by strong drink.

43. What is Tobacco?

A poison plant. If a person takes a little, he becomes sick and dizzy, vomits and acts as persons do who have taken any other poison.

44. Will it cause death?

Yes. Before one gets accustomed to it, one mouthful of it swallowed, will cause death.

45. Does Tobacco cause disease?

Yes. It causes dyspepsia, neuralgia, paralysis and heart disease, and often causes blindness.

46. How much is spent in this country for Tobacco?

Eighty millions of dollars every year, and for liquor, eight hundred millions.

RUM'S DOING !

It empties the pocket.	It robs the family.
It distresses the wife.	It beggars the child.
It injures the community.	It hinders the gospel.
It blights the affections.	It sears the conscience.
It ruins the character.	It crazes the brain.
It poisons the body.	It destroys the soul.
Do not SELL it !	Do not DRINK it !

" Touch not, taste not, handle not."

At the last, it *biteth like a serpent*, and *stingeth like an adder*."

 BAR - ROOM.

Young Man ! beware of that ominous word the—BAR !
 It is rightly named—a BAR !
 It is :—

A BAR to HONOR.
 A BAR to SUCCESS.
 A BAR to RESPECTABILITY.
 A BAR to HAPPINESS.
 A BAR to DOMESTIC PEACE.
 A BAR to EVERY BLESSING.
 A BAR to HEAVEN.

YOUNG MAN ! BEWARE !

AVOID IT ! PASS NOT BY IT !

TURN FROM IT ! AND PASS AWAY !

